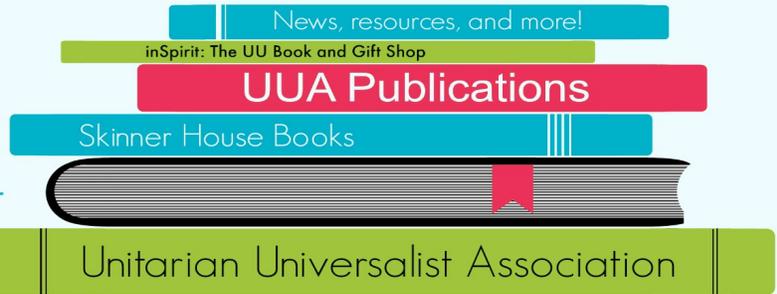


# December Publications Update



## Shop the inSpirit Holiday Guide

The incredible booksellers at inSpirit have highlighted some great gift ideas in their [holiday guide](#) and they hope these suggestions will make your holiday shopping easier so you can focus on the joys of the season, especially in these challenging times. Free standard shipping on orders of \$50 or more within the United States is available now through December 7th. Here are some favorites from the holiday guide:

[Social Change Now: A Guide for Reflection and Connection](#) by Deepa Iyer—A great gift for the activists in your life! This book is a powerful roadmap for individuals who are ready to deepen their commitment to social justice by finding their role in the social change ecosystem. The 2024–2025 UU Common Read. Learn more at [uua.org/read](http://uua.org/read).

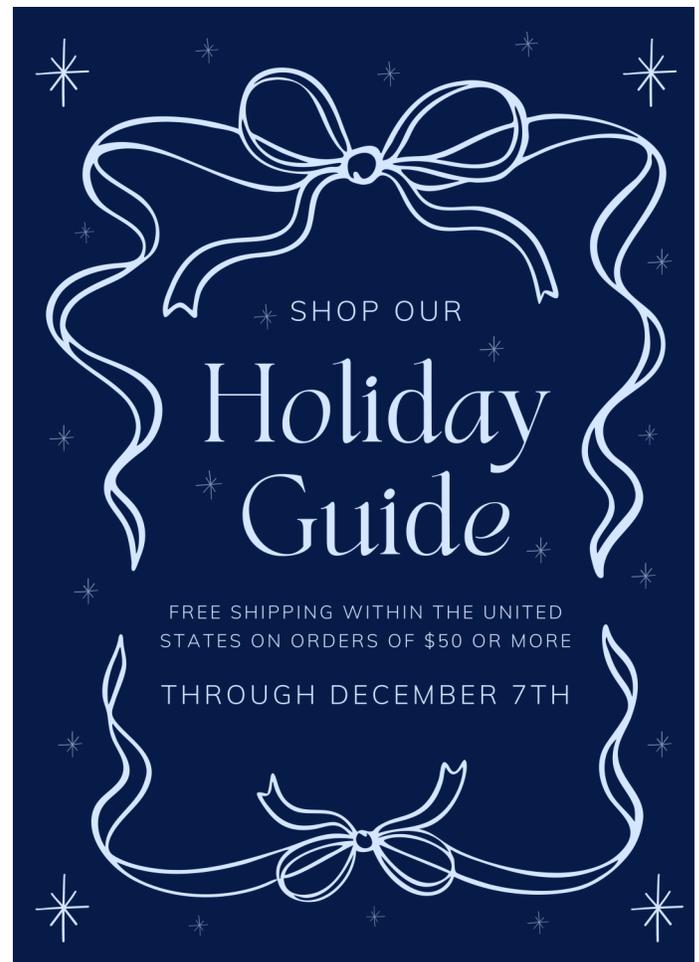
[Wooden bookmarks](#)—The bookstore now carries two wooden bookmarks! Created by Brian Watson, one is engraved with the Shared Values and the other has a striking chalice and flame design.

[Beacon Classics](#)—Celebrate 175 years of Beacon Press with this beautifully-designed new series. Special mention to [Notes of a Native Son](#), [Walden](#), and [Man's Search for Meaning](#), among others.

[Blue Boat Home](#) by Peter Mayer and illustrated by Sue Todd—This stunning illustration of the beloved song by folk singer and songwriter Peter Mayer will foster wonder and care for our natural world in young readers and adults alike. Ages 4–8.

[This Wild and Precious Life Journal](#)—A stunning journal featuring inspiring quotes from beloved poet Mary Oliver and delightful illustrations that illuminate her themes of wonder and nature.

[Tend to Your Spirit: Mindful Living with Chronic Illness](#) by Julianne Lepp and Florence Caplow—A powerful spiritual companion on your journey through the seasons of chronic illness. Includes poetry, meditations, playlists, journaling exercises, discussion questions, and other spiritual resources.



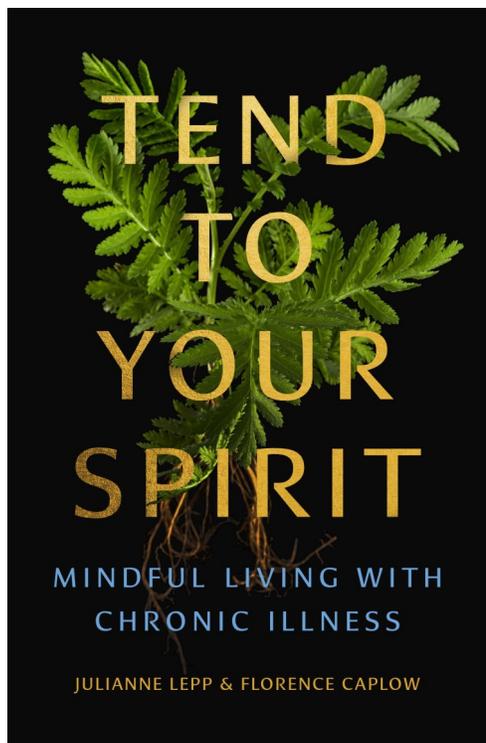
News, resources, and more  
from UUA Publications

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# Announcements and Resources

## Get Your Audiobooks from Libro.fm and Support inSpirit!

Did you know that there's an audiobook service that allows you to support an indie bookstore while listening to great audiobooks? It's called [Libro.fm](https://libro.fm) and inSpirit: The UU Book and Gift Shop is a partner bookstore! How does it work? You create a free account and choose inSpirit as the bookstore you'd like to support. You can sign up for a monthly membership or buy and listen to audiobooks on your own schedule with their à la carte options. They also have gift options for the holidays! Now your audiobook purchases will contribute directly to the work of the Unitarian Universalist Association to support our congregations. We invite you to explore their full selection of audiobooks online.



## December's Goodreads [Book Club](#) Pick

December's group read is [Tend to Your Spirit: Mindful Living with Chronic Illness](#) by Julianne Lepp and Florence Caplow. Living with chronic illness has many challenges, and the journey is not just a physical one. *Tend to Your Spirit* is a companion for the emotional and spiritual journey, offering tools to help readers practice self-compassion and self-care. With candor and vulnerability, spiritual leaders Julianne Lepp and Florence Caplow, themselves living with long-term illness, offer insights and practices that can benefit anyone. Structured metaphorically around the four seasons, each of the chapters is devoted to a particular aspect of life with chronic illness, such as grief, hope, and anger. Spiritual resources, including poetry, meditations, playlists, journaling prompts, and discussion questions, offer guidance. *Tend to Your Spirit* is intended for people at any stage of their journey with chronic illness or chronic pain, to help you live a full, spiritually connected life—a life informed and shaped, but not defeated, by your illness.



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